



# GASTROSCOPY

*Date of Procedure* \_\_\_\_\_

**Please bring this booklet the day of your procedure.**

QHC#483

## **What is a Gastroscopy?**

A gastroscopy is a procedure that allows your doctor to examine the lining of the esophagus, stomach and duodenum using a flexible tube. It is used to treat bleeding, remove polyps, or to stretch narrowed areas. Biopsies may be taken.

### **Notify your doctor:**

- If you are on blood thinners
- If you or someone in your family, has malignant hyperthermia
- If you have a latex allergy
- If you receive antibiotics for dental work due to a heart murmur or heart valve replacement, etc.
- if you are a diabetic

## **Day of Procedure**

Nothing to eat or drink after midnight the day of your procedure.

You may take your usual morning heart, blood pressure or steroid medication.

Leave valuables and money at home. The hospital is not responsible for lost items.

## Day of Procedure

Bring **all** of your medications, in their original containers with you to the hospital on the day of your procedure.

**Arrangements MUST be made for a responsible adult to drive you home or ride with you in a taxi. Your procedure will be cancelled otherwise. Please ensure that the person taking you home can be easily contacted and available. You will not be able to drive or operate machinery for 24 hours.**

**Have someone stay with you for 24 hours, as you will be given a sedative.**

Arrive at the hospital to register one hour prior to your procedure. Your doctor's office will provide you with the time of arrival. Arrive at your scheduled time. Please bring your hospital card and health card with you.

## The procedure

Prior to the procedure, you will be given a sedative through your intravenous to sedate you. The back of your throat may be sprayed with numbing medication for easier swallowing of the tube. The procedure takes about ten minutes and you will be recovered in day surgery for approximately 1 hour.

Your throat may be uncomfortable for a few hours following the procedure.

## After the procedure

You will be given a drink when your swallowing reflex has returned to normal. Your doctor will tell you the results of your test or leave information with your nurse. You should go home to rest. You may eat whatever you like unless told otherwise by your doctor. You should not drink any alcoholic beverages for at least 24 hours following the procedure, since alcohol may influence the effects of the drugs that you have been given.

Possible complications, although uncommon, include bleeding, aspiration and perforation of the esophagus.



**Contact your doctor or go to the nearest Emergency Department if you experience:**

- Fever
- Have trouble swallowing
- Chest or abdominal pain

## Questions?

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